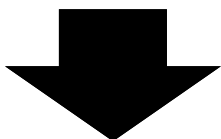
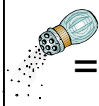


Calendar Continued on Back



NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

Mon	Tue	Wed	Thu	Fri
<div>Calendar Continued on Back</div> <div>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.</div> <div>= Meal contains more than 1000mg sodium</div>				
4 11:45 LUNCH MENU Chicken Enchiladas w/ Cheese & Salsa Mexicali Corn w/ Bell Peppers Vegetable Juice Tapioca Pudding Fresh Fruit 1:00 Big Bingo	5 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Beef Stew Whole Grain Bread Garden Salad Cantaloupe 1:00 Movie: Capitalism—A Love Story	6 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Mediterranean Fish Brown Rice Pilaf Broccoli & Cauliflower Carrot Raisin Salad Apricot 12:45 Bingo, lunch room	7 9:30 Notary Service 11:15 Activity: Grocery List & Sample Menu 11:45 LUNCH MENU Spinach & Cheese Salad & Black Bean Soup & Hard Boiled Egg Whole Grain Muffin Yogurt w/ Bananas 1:30 SALA Appointments	8 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Szechwan Chicken Brown Rice Sautéed Cabbage Green Salad Pineapple 1:00 Movie: Capitalism—A Love Story
11 11:45 LUNCH MENU Spaghetti w/ Meat Sauce Marinated Salad w/ olives, cucumber and bell pepper Sautéed Fresh Broccoli Fruit Juice	12 9:15 Eyeglass Repair 8:30 HICAP 10:30 Book Club: "Heart & Soul" 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Breaded Cod Corn Chowder & Whole Grain Roll Sautéed Asparagus Oven Browned Potatoes Orange 1:00 Movie: Nine 2:00 Hearing Screening	13 10:30 Line Dancing, lunch room 11:45 LUNCH MENU B.B.Q. Chicken Pasta Salad w/ olives and veggies Cauliflower & Carrots Apple 12:45 Bingo, lunch room	14 11:45 LUNCH MENU Beef Stuffed Cabbage Brown Rice w/ Baked Veggies, Cherry Tomatoes and Feta Cheese Fruit 1:00 Workshop: Preventing Falls & Injuries	15 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Egg Frittata w/ Cheese, Veggies & Ham Whole Grain Muffin Salad Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie: Nine

Mon	Tue	Wed	Thu	Fri
18 11:45 LUNCH MENU Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato w/ Cheese Peaches 2:00 Newcomers' Group	19 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 LUNCH MENU Boneless Pork Chop Vegan Split Pea Soup Whole Grain Muffin Garden Salad w/ Carrots Tangerine & Oatmeal Cookie 1:00 Movie: Hachi-A Dog's Tale	20 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chop Suey w/ Pork Fried Brown Rice Chilled Broccoli Salad Fresh Fruit 12:45 Bingo, lunch room 2:00 SAC Meeting 8:00 Homecoming Dance	21 11:45 LUNCH MENU Spinach & Cheese Tortellini w/ Tomato Sauce Hard Boiled Egg Potato Salad Baked Eggplant Mandarin Oranges 1:00 Workshop: Intro to Word 1:30 SALA Appointments	22 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Sesame Orange Chicken Brown Rice Green Salad Orange Birthday Cake 1:00 Movie: Hachi-A Dog's Tale
25 11:45 LUNCH MENU Turkey Meatloaf w/ Gravy Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit	26 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chicken Pot Pie (Vegetarian available) Confetti Coleslaw Apple 1:00 HICAP 1:00 Movie: Invictus	27 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Salmon Fillet Brown Rice & Steamed Spinach Minestrone Soup Banana & Sugar-Free Pudding Halloween Party! Come Dressed up in Costume! 12:45 Bingo, lunch room 12:30 Alzheimer's Screening	28 10:00 VTA Transit Cards 11:45 LUNCH MENU Chicken Asparagus Pecan Penne Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello 2:00 Workshop: Hearing Health	29 10:30 Blood Pressure Check 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll & Or- ange Sautéed Cabbage, Carrots and Mushrooms 1:00 Movie: Invictus

**DID YOU REMEMBER TO BUY
YOUR RAFFLE TICKETS FOR
THE HOLIDAY BAZAAR?**

